

# DCPS Eats! Winter Menu (High School)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b><u>Breakfast:</u></b> Cinnamon Breakfast Round Yogurt w/ Homemade Granola Fresh Pears Pineapple Tidbits <hr/> <b><u>Lunch:</u></b> Chicken Fried Rice Vegetarian Fried Rice Chicken Salad Sub Chef Salad w/Roll Seasoned Edamame Asian Green Beans Local Apple Slices Peach Cups	<b><u>Breakfast:</u></b> Chicken Sausage Biscuit Zucchini Bread Fresh Oranges Peach Cups <hr/> <b><u>Lunch:</u></b> Chicken Tacos Black Bean Tacos Hummus w/Pita Chef Salad w/Roll Mexicali Corn Fresh Baby Carrots Red Grapes Pineapple Tidbits	<b><u>Breakfast:</u></b> Eggo® Mini Waffles Cereal w/Graham Cracker Apple Slices Pineapple Tidbits <hr/> <b><u>Lunch:</u></b> Chicken Sandwich Black Bean Burger Wrap Turkey & Cheese Sandwich Chef Salad w/Roll Local Cucumber Slices Tater Tots Fresh Bananas Fresh Pears	<b><u>Breakfast:</u></b> Turkey Ham, Egg, & Cheese Biscuit Nutri-grain® Bar w/ Cheese Stick Fresh Oranges Applesauce Cup <hr/> <b><u>Lunch:</u></b> Cheeseburger Black Bean Burger BBQ Bean Wrap Chef Salad w/Roll BBQ Baked Beans Fresh Baby Carrots Local Apple Slices Peach Cups	<b><u>Breakfast:</u></b> Breakfast Burrito Cereal w/Graham Cracker Local Apple Slices Orange Juice <hr/> <b><u>Lunch:</u></b> Homemade Hawaiian Pizza Homemade Cheese Pizza Hummus w/Pita Chef Salad w/Roll Garlic & Herb Broccoli Sweet Potato Wedges Fresh Banana Pineapple Tidbits

Student's Choice of Low Fat or Fat Free Milk is provided at each meal

Daily Condiments Offered: Ketchup, Mustard, Mayo, Go-Go Sauce, Ranch, Honey Mustard, and Italian Dressing

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>Breakfast:</u></p> <p>Eggo® Mini Waffles</p> <p>Apple Pie Parfait</p> <p>Fresh Red Grapes</p> <p>Pineapple Tidbits</p> <hr/> <p><u>Lunch:</u></p> <p>Chicken Chipotle Bowl</p> <p>Vegetarian Chipotle Bowl</p> <p>Hummus w/Pita</p> <p>Chef Salad w/Roll</p> <p>Mexicali Corn</p> <p>Baby Carrots</p> <p>Fresh Oranges</p> <p>Peach Cups</p>	<p><u>Breakfast:</u></p> <p>Chicken Sausage &amp; Cheese Biscuit</p> <p>Cereal w/Graham Cracker</p> <p>Fresh Bananas</p> <p>Peach Cups</p> <hr/> <p><u>Lunch:</u></p> <p>Cheeseburger</p> <p>Black Bean Burger</p> <p>Mashed Chickpea Wrap</p> <p>Chef Salad w/Roll</p> <p>BBQ Baked Beans</p> <p>Tater Tots</p> <p>Local Apple Slices</p> <p>Fresh Orange</p>	<p><u>Breakfast:</u></p> <p>Breakfast Burrito</p> <p>Zucchini Bread Slice</p> <p>Fresh Pears</p> <p>Orange Juice</p> <hr/> <p><u>Lunch:</u></p> <p>Buffalo Chicken Drumstick</p> <p>Buffalo Roasted Tofu</p> <p>Cajun Seasoned Tilapia</p> <p>Brown Rice</p> <p>Chef Salad w/Roll</p> <p>Garlic &amp; Herb Broccoli</p> <p>Local Citrus Kale Salad</p> <p>Fresh Bananas</p> <p>Pineapple Tidbits</p>	<p><u>Breakfast:</u></p> <p>Egg &amp; Cheese Biscuit</p> <p>Cereal w/Graham Cracker</p> <p>Fresh Banana</p> <p>Pineapple Tidbits</p> <hr/> <p><u>Lunch:</u></p> <p>Teriyaki Chicken</p> <p>Teriyaki Tofu</p> <p>Fried Rice</p> <p>Egg Salad Sub</p> <p>Chef Salad w/Roll</p> <p>Asian Green Beans</p> <p>Fresh Baby Carrots</p> <p>Fresh Red Grapes</p> <p>Peach Cups</p>	<p><u>Breakfast:</u></p> <p>Assorted Muffins w/Hard Boiled Egg</p> <p>Cheerios® Cereal Bar w/Cheese Stick</p> <p>Peach Cups</p> <p>Applesauce Cup</p> <hr/> <p><u>Lunch:</u></p> <p>Homemade Chicken Alfredo Pizza</p> <p>Homemade Cheese Pizza</p> <p>Hummus w/Pita</p> <p>Chef Salad w/Roll</p> <p>Garlic &amp; Herb Broccoli</p> <p>Sweet Potato Wedges</p> <p>Fresh Bananas</p> <p>Fresh Pears</p>

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<b><u>Breakfast:</u></b> Eggo® Mini Pancakes Cereal w/Graham Cracker Local Apple Slices Fresh Red Grapes <hr/> <b><u>Lunch:</u></b> BBQ Pulled Chicken Sandwich Grilled Cheese Sandwich Tuna Salad Sub Chef Salad w/Roll BBQ Baked Beans Fresh Baby Carrots Fresh Oranges Peach Cups	<b><u>Breakfast:</u></b> Homemade Breakfast Pizza Bagel w/Cream Cheese Fresh Oranges Peach Cups <hr/> <b><u>Lunch:</u></b> Chicken Nachos Cheese & Black Bean Nachos Hummus w/Pita Chef Salad w/Roll Black Beans Corn Salad Local Apple Slices Pineapple Tidbits	<b><u>Breakfast:</u></b> Egg & Cheese Biscuit Yogurt w/Homemade Granola Fresh Banana Applesauce Cup <hr/> <b><u>Lunch:</u></b> Chicken Philly Sandwich Black Bean Burger Sunbutter & Jelly Sandwich Chef Salad w/Roll Potato Wedges Fresh Baby Carrots Fresh Red Grapes Peach Cups	<b><u>Breakfast:</u></b> Breakfast Burrito Cereal w/Graham Cracker Fresh Pear Pineapple Tidbits <hr/> <b><u>Lunch:</u></b> Chicken Broccoli Alfredo Baked Rotini Hummus w/Pita Chef Salad w/Roll Garlicky Broccoli Local Citrus Kale Salad Fresh Orange Applesauce	<b><u>Breakfast:</u></b> Homemade Apple Butter w/ Freshly Baked Biscuit Fresh Strawberry Parfait Local Apple Slices Orange Juice <hr/> <b><u>Lunch:</u></b> Homemade Buffalo Chicken Pizza Homemade Cheese Pizza Chicken Sandwich Chef Salad w/Roll Buffalo Cauliflower Sweet Potato Wedges Fresh Banana Pineapple Tidbits

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